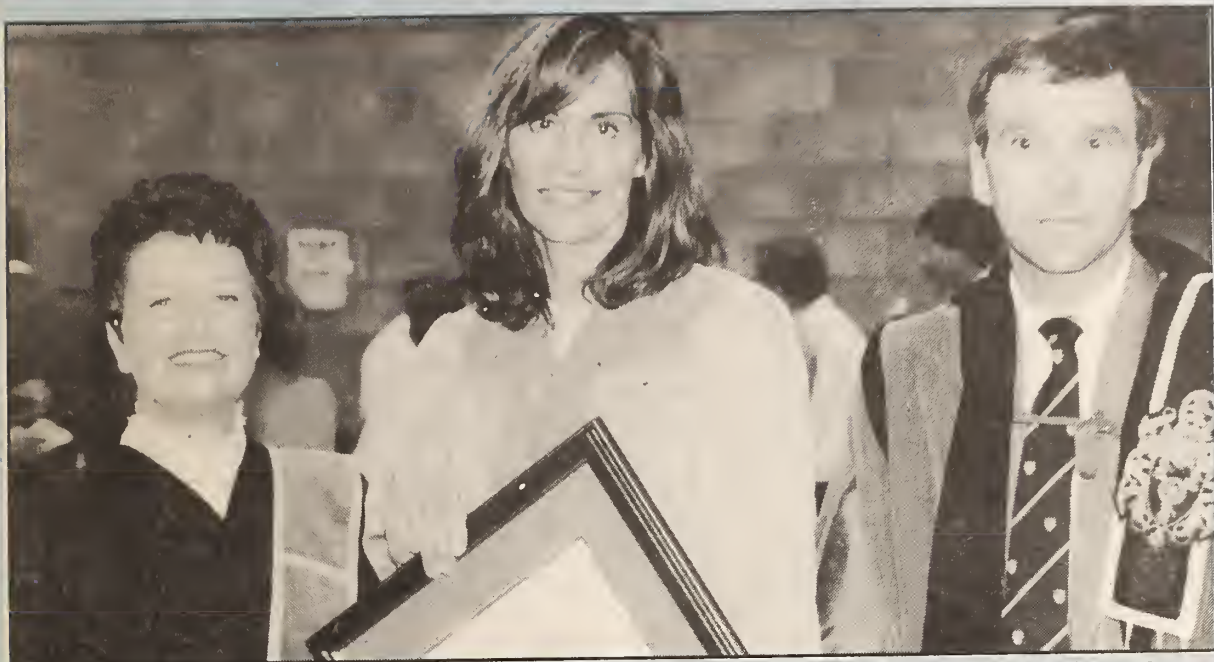


"Keeping Conestoga College connected"



Monica Himmelman (left), Joan Fisk and Conestoga president John Tibbits all addressed the June 23 noon convocation at Conestoga College's Doon campus.
For details of convocation 1995 see pages 6 and 7.

(Photo by Patricia Bow)

Education just starting, grads told

By Patricia Bow

"Your education is not over — it's only beginning."

That was the message entrepreneur Joan Fisk had for Conestoga students as they graduated June 23 in a ceremony touched with traditional color and punctuated by cheers.

The 1½-hour event began at noon when college marshal John Sawicki led the procession of administrators, faculty, special guests and 280 applied arts and community services students into the recreation centre at Doon campus. Relatives and friends filled rows of seats at the rear of the hall and in the galleries.

Students in the school of applied arts received diplomas in broadcasting-radio and television, graphic design and advertising, journalism-print, and law and security administration, as well as certificates in law enforcement and investigation.

Students in the school of health sciences and community services received diplomas in early childhood education, recreation leadership and social services, and certificates in early childhood

education resource teaching, educational assistant I and educational assistant II.

As students from the various programs mounted the platform, their names were announced. The dean of the school, assisted by the chair of the program, draped the Conestoga College liri- pipe over each student's left shoulder.

The liri- pipe is a band of red velvet, edged and divided into four sections by gold trim and finished with four white tassels representing the four counties in the college area. Like the academic hood at university convocations, the liri- pipe symbolizes the student's acceptance into the community of graduates.

Guest speaker Joan Fisk, president of Tiger Brand Knitting in Cambridge, told graduates the work they put in at college is only the beginning.

Working life is full of challenges, she said.

Fisk said opportunities are increasing for the college-educated, especially in the local area, but "your future success won't just happen." Besides skill, ingredients for success include energy, hard work and a competitive approach, she

said.

"Be passionate about your goals. Be critical about your outcome — never be complacent. Never stop learning," Fisk said. "If you compete, you can win."

Board of governors chair Helen Friedman presented Fisk with a plaque bearing the college shield.

The graduates were also addressed briefly by the president, whose scarlet robe singled him out in the sea of black, by Friedman and by Monica Himmelman, president of the alumni association.

Himmelman spoke of the need to preserve the beauty of Doon campus. She said the alumni association has made a five-year commitment to the maintenance of the woods, and she invited the new alumni to share this effort. Each person who has a tree planted will be named on a recognition wall at Doon, she said.

Following the presentation of diplomas and certificates, Tibbits presented the Aubrey Hagar Distinguished Teaching Award to Debby Stone-Zukowski, a teacher in the early childhood education program.

Conestoga grads optimistic about future

By Mark Waddell

Graduates at Conestoga's four Convocation ceremonies held June 23 and 24 say they're optimistic about the job market. Grads were asked about their job plans in the front lobby at Conestoga's Kenneth E. Hunter Recreation Centre.

"You just have to be persistent," said Shelia Mein, who graduated from the management studies program June 24. "It helps if you have a connection out in the workplace."

Mein was hired by Canada Trust and has been working there about six weeks. Other students went the entrepreneurial route to find employment.

Sam El Saadi opened an Indian fast-food business called Curry in a Hurry in May.

Saadi, who graduated from Conestoga's three-year management studies course June 24, started his business venture with a partner from the program.

Cyndie Huizing also graduated from the management studies course June 24. She has not found employment related to her course, so she had to take a part-time job after school and on weekends.

"There are a lot of people looking for jobs, so there's lots of competition," said Huizing. "There's not only competition from students in our program, but from the other two universities (Wilfrid Laurier University and University of Waterloo) as well."

She said she remains optimistic. And optimism is a trait Dean Poehmann possesses despite a job search that failed. "I'm not really worried about how

things are going," said Poehmann. "In accounting, things have been encouraging lately."

Connie Armour, a graduate from the health care aide program June 23, said her job at Caressant Care nursing home in Fergus required her to take the health care aide course.

Marg Bloxom was in the same position. Her job at the Saugeen Valley nursing centre in Mount Forest required her to take the health care aide program.

"I was hired because I got into the health care aide program," said Bloxom, who has worked for a year.

According to Bloxom, 16 students graduated from the health care aide program. She said she is optimistic when thinking about the future because "there is such a demand for health care aides."

This week in the news

DSA leader heading to SUDS

DSA president Dawn Mittelholtz is to attend the Student Union Development Symposium in Vancouver and Whistler, BC, July 5-9. Mittelholtz said the informative workshops and networking with other student leaders will be worth the nearly \$1,000 price tag. She intends to pay part of the cost herself.

For details see page 2

ECE teacher honored

Debby Stone-Zukowski, an early childhood education instructor, received the Aubrey Hagar Distinguished Teacher Award during convocation ceremonies held June 23. The award is given in honor of Conestoga's former director of college and academic and strategic planning.

For details see page 3

Student achieves high honor

Terry Foutre received the James W. Church Achievement Award, June 24, for having an outstanding record of achievement both in school and in the community. Foutre was honored in the company of friends and family and sees the award only as an additional bonus to the satisfaction he already derives from his involvement.

For details see page 6

Birdie partially bares boxers

Doon Student Association (DSA) president Dawn Mittelholtz said she's concerned some students may be offended by the new DSA T-shirts depicting Conestoga's mascot with the top button of his pants undone, revealing the stretch band of his underwear. "I'm just a little worried there might be some negative reaction," she said.

For details see page 9

Personal information protected

The acts concerning personal privacy and freedom of information benefit students in many ways. While certain information cannot be given out by the college, the acts also allow students to access their personal information more easily.

For details see page 10

Summer poses risk to health

College nurse Marilyn Fischer warned students to exercise good judgement this summer to stay healthy. The sun, plants and trees, insects, and over-exertion are just some of the health hazards facing people in the summer months, Fischer said.

For details see page 10

Stickel fries up a storm

Karen Stickel demonstrated how to cook an authentic Chinese hot and spicy chicken or pork stirfry at the Rockway senior's centre in Kitchener June 21. She said steaming with juice can reduce the fat.

For details see page 11

Silent Fall thrills

Film critic Nicole Bardeau reviews *Silent Fall*, recently released by Warner Brothers on home video. Starring Richard Dreyfus and John Lithgow, this old-fashioned murder mystery has an added twist — the eye witness is an autistic child who refuses to talk.

For details see page 12

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CAMPUS NEWS

News Editor: Patricia Bow 748-5366

News Briefs

Media veteran to speak

- Arnold Edinborough, former editor and owner of Saturday Night magazine, will answer questions in room 4B06 at Doon campus, July 13 at 2:30 p.m. Among other things, he has been a columnist, university professor, administrator for Massey Hall and the Stratford Festival, editor of the Kingston Whig-Standard in the 1950s, contributor to the Financial Post 1970-90 and president of the Council for Business and the Arts in Canada 1974-89.

Journalism grad wins award

- Tom Froese, a 1988 graduate of the journalism-print program, has won an Edward Dunlop Award for the second year in a row. The Dunlop awards recognize outstanding achievements of Toronto Sun newspaper group employees. Froese, a six-year veteran of the Sun-owned St. Thomas Times-Journal, won this year for his story about a custody battle for two part-native children.

Woodcarving and other handwerk

- Peter Findlay, an instructor in the woodworking program, will lead workshops in carving during Handwerk, a show and sale of nineteenth century crafts to be held at Schneider Haus, Aug. 7. Other artisans will demonstrate such crafts as spinning, quilting, lace making, chair caning and paper marbling.

New lounge could be licensed

- DSA student life director Becky Boertien has approached Barry Milner, head of physical resources, about licensing the new student lounge in B-wing for special occasions such as the odd dinner show. Milner is to discuss the question with college administration.

Conestoga trains for Sunbeam

- A special program will let staff at the Sunbeam Residential Development Centre, Kitchener, earn developmental services worker certificates this fall. The certificates will be awarded by Loyalist College but students will take the 246 hours of pharmacology and other health care courses through Conestoga.

CORRECTIONS

In the June 19 issue of Spoke, Grace Carruthers was improperly identified. Also, Cathy Potvin should have been identified as a library technician. Jill Douglas is co-ordinator of Doon's LRC. In the June 26 issue of Spoke, a page 10 story should have said Cliff Condor will have his underwear waist showing, not his fly undone. In the same issue, Steve Geerts's name was misspelled.

Hard at work



Livio Fabbro of MN Construction gets things ready to do some cement work for the ongoing renovations at Conestoga College.

(Photo by Kim Breese)

Student head to attend B.C. meet

By Patricia Bow

The Doon Student Association (DSA) executive voted at their June 20 meeting to send president Dawn Mittelholtz to a five-day student conference in British Columbia in July.

The 7-1 vote followed a discussion in which some members criticized the expense involved. Most, however, said they felt the information from the conference workshops would be worth the nearly \$1,000 cost to the DSA.

The sixth annual Student Union Development Symposium (SUDS), hosted by the Alma Mater Society of the University of British Columbia (UBC), will take place July 5-9 at UBC in Vancouver and at the Alma Mater Society lodge in Whistler, BC.

Workshops will be held on topics such as funding for post-secondary education, how to lobby government against tuition fee increases, how far student leaders should extend their mandates, how to run successful referendums and elections, innovations in student services and time management.

The cost of the conference is \$410 per person, including accommodation but not airfare.

April-Dawn Blackwell, vice-president of student affairs, said DSA members should have access to some of the information available through the conference, especially the workshops on lobbying, running elections and funding.

"It's the kick-ass conference of the summer."

— Dawn Mittelholtz
DSA president

Activities assistant Dennis Maharaj said the DSA should have the information on lobbying and he doubted it would be available except through the conference.

Tracey McKillop, vice-president of operations, said the DSA must compensate for pulling out of the Ontario Community College Student Parliamentary Association (OCCSPA) by finding other sources of information.

Mittelholtz said many people have told her SUDS is a key symposium. "It's the kick-ass conference of the summer."

She said it will be valuable not just for the workshops but also for the ideas generated through informal gatherings and for the chance to develop working relationships with other student leaders from

across Canada.

Irene da Rosa, director of finance, recommended nobody be sent to the conference. She said the cost to send just one person would be close to \$1,000 and, in her opinion, little on the agenda was useful from the point of view of Conestoga students as a whole.

"A thousand dollars for a one-hour workshop is a waste of money," she said.

Da Rosa also noted that the DSA's conference budget for 1994-95 is used up and the 1995-96 budget will not apply until August.

Becky Boertien, director of student life, cautioned that people should not attend SUDS just for enjoyment.

McKillop pointed out the DSA has saved money by pulling out of OCCSPA.

Mittelholtz said, though initially three people wanted to attend, costs could be cut back by sending fewer than three people. She volunteered to pay up to half her airfare, since the symposium would be fun as well as useful.

After the meeting, Mittelholtz said that while the cost of attending SUDS could not come from this year's conference budget, some slack could be found elsewhere.

DSA justifies leaving lobby group

By Patricia Bow

The Doon Student Association (DSA) executive are in general agreement that the recent decision to pull the DSA out of the Ontario Community College Student Parliamentary Association (OCCSPA) was justified.

The members aired their opinions on OCCSPA at the June 20 executive meeting. Becky Boertien, director of student life, said the DSA has not received any tangible benefit in return for the money spent on OCCSPA. Their conferences have tended to cost twice the estimated amount, she said.

Vice president of student affairs April-Dawn Blackwell said OCCSPA has excellent information resources but they keep losing files, and when they do have files it takes a long time to deliver them. She said she found the costs of membership and conferences excessive.

"It's almost as if OCCSPA is more interested in our money than in helping us," said activities assistant Beth Patterson.

Several members referred to the

multicultural cookbook produced by OCCSPA as an example of the sort of unfocused activity OCCSPA should not be wasting time on. Instead it should be representing students to government, said Steve Geerts, director of entertainment.

Patterson said the DSA executive can talk to their local parliamentary representatives more easily than OCCSPA can.

President Dawn Mittelholtz said OCCSPA officials sent her a list of issues they plan to address in the coming year, but they have no strategic plan on how they intend to accomplish their goals.

Entertainment assistant Gavin Fitzpatrick said nobody can cite any accomplishments of OCCSPA. The cookbook and a harassment workshop are not part of the provincial group's mandate, he said.

Irene da Rosa, director of finance, said OCCSPA has done nothing about tuition fee increases in the past.

The DSA's college advisor, Jack Fletcher, said he was not impressed by the way OCCSPA does business.

They hold too many meetings; much of their business could be done by phone, he said.

He added that OCCSPA was set up by the NDP and a change in government might bring changes to OCCSPA.

Despite the decision to pull out, the DSA still maintains communications with OCCSPA executive members.

DSA leaders have been invited to attend an OCCSPA conference in Toronto July 7-9.

DSA vice-president of operations Tracey McKillop and perhaps Blackwell plan to attend for one day, to take advantage of a July 8 session on the new Ontario government's proposed cuts to education funding.

After the meeting, Mittelholtz said the split between OCCSPA and the DSA is a matter of policy, not personality. "We are still friends with (OCCSPA president) Paul Hamilton."

She said the lines of communication will be kept open in case next year's DSA comes to a different conclusion about OCCSPA's usefulness.

College plan would pay faculty tuition

By Paul Campbell

The administration of Conestoga College is looking into creating a program to provide college employees with funds to pay their tuition to take college and university courses.

The proposed plan from Conestoga's academic management committee will help faculty and staff pay the cost involved in taking post-secondary courses.

The plan could have the college paying for around 25 per cent of

the cost, said Jane McDonald, a professional development consultant at Conestoga College.

McDonald circulated a flyer to staff to judge the feasibility of the plan.

She said about 20 people have called to talk to her. Most are interested in university level education. The college wants to see its employees improve their ability to serve students, McDonald said.

She said Conestoga's new budget allowed for no spending increases, and this has made for

some difficult decisions about how to handle professional development.

The plan would draw its money from the professional development fund, she said. McDonald said Conestoga is a little behind when it comes to implementing this program. We are the fifth of Ontario's 23 colleges to put it in place, she said.

McDonald said the plan is working at the other colleges, and she is hopeful it can be put in place at Conestoga by September.

CAMPUS NEWS

Hard work paid off

Social services student receives Marjorie Komer Award

By Patti Harding

Deanna Jackson, a social services student at Conestoga College's Waterloo campus, received the Marjorie Komer Award on June 22 for the hard work and determination she has displayed in the past two years.

The Marjorie Komer Award is given to a student who has been involved in the Focus for Change program offered through Conestoga College.

This program, which concentrates on helping women decide what career they would like to pursue, is available to single mothers through the Ontario Basic Skills program.

To be accepted into this program, the women must be single mothers and receiving family benefits.

"Nowadays, it is very important to know what is going on in the world and to be aware of the changes taking place," wrote Jackson in a composition. "I feel that it is of extreme importance for single mothers to educate themselves for the future."

The 12-week program, which has no enrolment charge and provides

subsidized day care, teaches life skills, upgrading and computer skills to women who otherwise might not be able to learn them.

Jackson, who graduated from the program in 1993, has just completed her first year in the social services program. She is hoping to

continue in September and is excited about her field placement at Reaching Our Outdoor Friends.

"This class was very strong.

It was a successful class," said Debbie Cox, of the Focus program. Five others went on to college after they finished the program, she said.

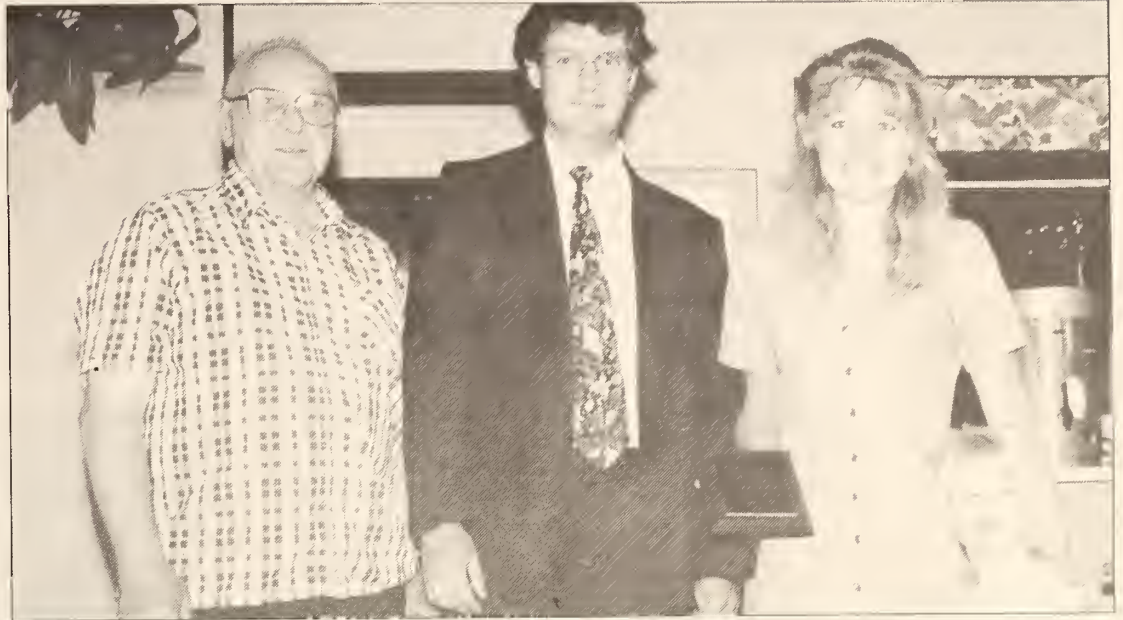
"There is a lot of fear in the women when they first enter the Focus program," Cox said.

A lot of people say that they don't want to do something because they think they can't. Deanna has shown that when a person starts something, she can do it and finish it no matter how much she thinks she can't, she said.

"This program made me aware that I am capable of many things," wrote Jackson. "I now realize that I have the ability to make a positive

"I now realize that I have the ability to make a positive contribution to our society."

— Deanna Jackson
Marjorie Komer Award winner



William Komer and Bill Komer pose with the winner of the Marjorie Komer Award, Deanna Jackson, and her daughter Ashley.
(Photo by Patti Harding)

contribution to our society. This program offers a valuable opportunity to prepare single mothers for their future and that of their children."

The Marjorie Komer Award, which includes a plaque and a cheque, is given to a student who has completed the Focus program and then completes her first year of college through Conestoga. The

cheque is to support her career plan and help her pursue her studies, be it money towards a computer or something like that, as long as it helps her in her studies, Cox said.

The award, which is named after Marjorie Komer, who was a faculty member at the college and taught the Focus program, was set up in her memory after her death.

Jackson has found that not only

has she benefited from the Focus for Change program but her four-year-old daughter, Ashley, also did.

"My daughter Ashley is now able to interact with other adults, as well as children her own age," Jackson wrote. "Since Ashley has been going to day care, I have noticed a positive change in her attitude. This change has improved both our lives."

ECE instructor accepts teaching award

By Anna C. Done

Early Childhood Education (ECE) instructor Debby Stone-Zukowski was presented with the Aubrey Hagar Distinguished Teacher Award during convocation ceremonies held June 23.

Stone-Zukowski, the eighth recipient of the award, was presented with Conestoga College's liripipe and framed coat of arms, and \$800 to go toward professional development.

Donna McKenna, chair of child studies, said after the ceremony that Stone-Zukowski embodies the significance of the award. "Aubrey Hagar had a clear vision of quality education that was beyond his time. The award is to recognize teachers striving for excellence, and Deb exemplifies this," she said. "The award is a great honor for her and our faculty."

In her acceptance speech, Stone-Zukowski congratulated her co-workers on providing better education for young children and better quality childcare for working parents.

Stone-Zukowski said that as a child, she had always known that she wanted to be a teacher and working at Conestoga College was the fulfillment of that dream.

Stone-Zukowski addressed the graduating ECE students and told them that it was an honor to have taught them.

"Continue to pursue your dreams," she told them.

In an interview following the ceremonies, Stone-Zukowski said she never expected to have her work formally recognized by the college.



Debby Stone-Zukowski shows off the liripipe and certificate she was presented with by the college. She also won \$800 for professional development.
(Photo by Anna C. Done)

"Often the greatest reward is being able to watch the students' growth and development over the two years that they are here," she said.

Stone-Zukowski said one part of her job that she really enjoys is the professional aspect which includes becoming involved in the community.

She said she sees a great future ahead for Conestoga College because of the emphasis on community-based practical training.

"This is the essence of our economy and the college recognizes this."

Stone-Zukowski came to Conestoga College as a faculty member in 1988 after working at several other Ontario colleges and at the University of Guelph.

She has been instrumental in establishing pre-school programs and has published papers on issues ranging from the generation gap to children and the media.

She is currently on the Wellington County Social Planning Council for Child Care, the ethics committee at Conestoga's School of Health Science and is involved with parents' groups at local schools.

Bottoms up



Pete Hergott unloads the tools that he needs for the day. Hergott is part of the construction crew renovating the area where support services was located.
(Photo by Anna C. Done)

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Unsolicited submissions must be sent to the editor at the above address by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a WordPerfect 5.0 file would be helpful. Submissions must not contain any libellous statements and may be accompanied by an illustration (such as a photograph).

*Conestoga
Corner*



**By
Kim Breese**

Bittersweet nostalgia of college

It seems only yesterday that I was writing my first column and already it is today and I am writing my last.

As I sit here staring at a blank computer screen, I think I should say something original about leaving, but it is times like this that words seem almost deficient.

How can one, in 47 lines, adequately describe the trauma and the thrill and the frustration and the satisfaction that are all learning?

How does one, in such a short space, write truly sincere feelings of gratitude to caring teachers, or recapture the bittersweet feeling of nostalgia for the first semester of school, or relive the feeling of desperation that used to explode hours before deadline as one struggled to finish an assignment.

As memories of the last two years resurface, unbidden sentimentality tightens my throat and clogs my thoughts and I am determined not to write anything trite or maudlin or cliched.

That resolution prevents me from saying how much I enjoyed being a student at Conestoga. Too trite.

I would also like to say I enjoyed my time with my fellow students and care about them more than they will ever know, but that is too cliched.

And it would be too maudlin to describe all the wonderful people I have met — people like John Tibbits, who is always unfailingly polite and helpful when interrupted by Spoke reporters needing a comment; the lady on the housekeeping staff who smiles and says hello every morning; teachers like Lynne Woolstonecroft who truly care about their students and staff; people like Jennifer Blackie at the Guelph campus, who work quietly and efficiently behind the scenes to ensure that Conestoga maintains its standards of excellence.

These people are only representative of a staff and faculty that I have found, with very few exceptions, helpful and friendly to students.

The blank screen waits patiently in front of me. I switch tracks and try for the last time to tackle the problem that has perplexed me for months — trying to define Conestoga's spirit — whatever that elusive quality is that characterizes this college and distinguishes it from all others.

I begin, "An institution, such as Conestoga College may be defined by what it is, but it is identified by what it does.

What it does cannot be explained in terms of buildings and equipment and machinery, for these by themselves, do nothing. Therefore, it is the people who use the resources, who work or study or just pass time, that create an institution's identity."

That much being said, I stop. I cannot put words around Conestoga's spirit and leave the problem for those that remain. I only know the spirit is there. I've seen it many times.

It is getting late and I am getting nowhere.

Finally, I realize there are only three things I really need to write.

Goodbye. Thanks for everything. I will miss you all.

It all started in the photo lab last semester, when a tiny spider fell into an open bottle of developer — and survived...



Just A Thought. . .



**By
Nancy Usjak**

No excuses or sympathy for Homolka

My stomach turns at the Bernardo trial testimony of Karla "the victim" Homolka.

Karla, 25, has spilled her guts out about her abusive relationship with psychopathic ex-husband Paul Bernardo, who is charged with the murders of teenagers, Leslie Mahaffy and Kristen French and is suspected to be involved in the death of Tammy Homolka. Karla, who faces a 12-year prison sentence for her part in the murders, has described in full detail how Bernardo sexually enslaved her, verbally abused her, cheated on her, and punched and kicked her during their bizarre relationship.

I guess we are supposed to take all this abuse into consideration when making our own personal judgments about Karla. I guess we are supposed to feel sorry for her. I don't.

Karla knew what it was like to be abused and dominated by a cruel, sick monster. (I was going to say 'man', but that would classify Bernardo as a human being).

Couldn't Karla have drawn upon her own suffering during the rape and torture of Mahaffy and French? Couldn't she have put herself in their shoes and taken a stand against Bernardo? At the very least, couldn't she have stood up for her own sister, Tammy?

Karla knew what it was like to be beaten and sexually assaulted and yet she helped Bernardo create a living hell for these girls. She even admitted that she was in the same room watching, as Bernardo strangled Mahaffy with an electrical cord. Of course, let's not forget Karla's compassionate side — she did give Mahaffy a stuffed animal to hold as the girl was being strangled.

Karla perceives herself as a victim in all this, perhaps just as much a victim as the murdered girls.

Even such newspapers as the Toronto Sun have helped portray her as a battered victim — the front page of a recent edition showed Karla with two black eyes the size of basketballs. She looked like a miserable racoon. But there's a big difference between Karla, the abused wife, and the three dead girls. I would bet that Leslie, Kristen and Tammy would never have participated in torture and murder.

Let's not forget the true victims.

*Guest
Columnist*



**By Jim Brady
Retired Doon security guard**

Enjoying life — a workshop update

A month and a half ago, a lot of very nice people at Conestoga College, Doon campus, gave me a very warm send off to my retirement. I had hoped to get back by now to visit but I have been far too busy. I will make it but I am not sure when.

So far I have done very little writing, which I regret. But winters here are long and hard and I am finally getting my workshop cleared for projects. This winter should be quite productive.

To date we have put a small garden in and we have planted blueberries, raspberries, Saskatoon berries, tay berries, gladioli, peas, carrots, garlic, garlic chives, regular chives, and parsley.

Also, I have almost finished getting a desk ready to use. I left my old monster for my son. Months ago my former neighbor in Paris threw out what had probably been a vanity. Much of it had been covered with veneer but dampness had caused much of that to peel.

First my daughter wanted it but did nothing with it. Then a neighbor on the next street wanted it but never came to get it.

It sat on our front porch for months, missing two of its six casters, a real eyesore. We decided to bring it with us and make a desk of it.

I soaked and scraped to get the veneer removed entirely. Then I soaked and scraped to remove the glue.

That left me with a combination of bare wood and stained areas with much of the stain worn off.

Also, there were no support glides left for the two lower drawers. Those drawers also had fine line designs that were partly missing. After making the support glides for the drawers, I patched up the designs with a fine-line marker. Then I went over the stained areas with a new coat of stain and put on two coats of verathane over all.

I replaced all the casters and now have a beautiful piece of furniture that fits into our smaller home.

I wish retirement could have started years ago.

May you all, who are still working, one day enjoy retirement as much as we are now.

TAKING SIDES

Do you think Mike Harris's education cuts will have negative results?

Social disorder high on Harris's agenda

By Don Ross



When Mike Harris said he would eliminate "non-priority spending," I was not aware education fell under that designation.

Harris has served his Conservative supporters well. By eliminating some \$4 billion from education, he will be able to reduce income taxes from the middle-class and wealthy by the 30 per cent he promised.

Industries will be bolstered by a deluge of part-time workers, who will now be unable to collect welfare or afford an education (not that there will be much of an education system left to purchase).

They will now have no choice but to work for cheap workfare wages with no benefits, given that they will be nothing but part-time troubleshooters.

The government's siphoning-off of the underprivileged is a lot like taking a walk through inner-city America with Donald Trump and having the muggers ignore him and hit you. This, coupled with the 20 per cent cut in welfare, will give those who have been dancing along the poverty line a callous shove over it.

We live in the age of the Catch-22. If you want a job, you have to have experience, and if you want experience you have to have a job. If you want a job, you have to pay for it by getting an education, and if you want to pay for the education, you have to have a job.

Well, they made the rules what they are today, so they should find a way to provide post-secondary education for people.

Some of us would never get off that merry-go-round if there weren't any government funding to reach out and pull us off of it.

The federal government's March proposal to lob off \$130 million from training, literacy and employment counselling was not enough to satisfy Harris's appetite. He decided to trim off most of the muscle and bone along with the fat.

I'm getting a little sick of the lives of Canadian youth being used for political leverage. Harris has taken our patience out for a test drive for the last time on this one. Industries have enough problems giving any credence to college grads as it is. What happens when the quality of education dips further, as Harris's plans to "streamline" courses result in grads not knowing what the heck they are qualified for?

We will be a nation of part-time workers who know how to do a bit of everything, but not a lot of anything. A bunch of people who do a little bit of this and that, here and there, once in a while.

Harris, no doubt, will tell you that employers will be given the opportunity of training new workers the way they want, not the way the colleges want. But who is going to bother training an unqualified part-time worker who will be gone in a matter of months?

The future is being mortgaged to keep the successful in the manner they are accustomed to.

campus comments



"Not really. If tuitions were set by the schools it could help the students. They know what students can really afford."

Paula Liang
Marketing

"Yes. He should be safeguarding our education system first, then worrying about cutting taxes."

Brian Schummer
Business programming
software applications



"He doesn't have a choice, he has to take the money from somewhere."

Matthew Szlag
Business programming
software applications

Yes. The long-term cost is great. It's either provide money for education or give it to corrections.

Jay Mathanna
Business programming
software applications

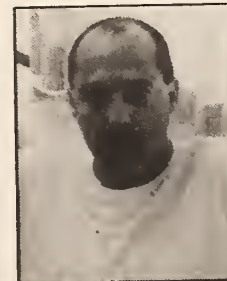


"No. Saving does not mean cutting. He is putting the money where it is needed more."

Louis Labib
Business programming
software applications

"Yes. I'm worried that once cuts start there isn't anything in place to stop them from cutting more."

Mark Fitzgerald
Journalism



Mike Harris knows what's best



By Paul Campbell

Mike Harris is a good man and knows what he is doing.

Why else would the majority of voters across Ontario bring him into power with such an overwhelming mandate? People living in Ontario have known for a long time that a change was needed desperately. After 10 long years of inept governments passing foolish legislation, plunging us deeper into debt and weakening our economy, voters have chosen him to put things back in order again.

What Conservatives are getting ready to do in Queen's Park is to get the province back on track. This includes community colleges. If Ontario does not reduce its deficit soon we will no doubt be thrown into a new recession, something nobody wants. Harris was the only candidate prepared to tackle the job, making necessary cuts to things like education.

The radical changes which Harris proposed during his successful election campaign have upset a number of people.

They claim changes the PC majority plan to make to education will make post-secondary education accessible only to the rich and erode the provincial tax base by reducing the number of highly trained individuals in high-paying positions.

But, by cutting funding to the provincial post-secondary education system, Harris will make this province better off in the long run. Colleges and universities will have to compete for students. Competition for the best students would have schools raising their standards, and thus providing a higher level of education.

As well, this increase in how skilled Ontario graduates are would create more jobs as graduates move into management positions, and improve the competitiveness of our province in business.

During an all-candidates meeting held at the University of Waterloo before the election, PC candidate for Waterloo-North Elizabeth Witmer said none of the spending cuts would result in money being taken out of the classroom.

The conservatives are as dedicated to high quality education as anybody else in Ontario. They are, however, dedicated to looking at the larger picture, something which the Liberal and New Democratic parties have commonly failed to take into account. These spendthrift governments would rather make decisions to please the majority in the short term, but complicate the problem later on.

Conservatives are only making suggestions which have brought prosperity elsewhere.

The United States has allowed its universities and colleges to set their own tuition for years. America has its fair share of problems, but educating people is not one of them.

It costs money to give people a proper education. The province cannot be expected to simply pay and pay for those costs.

YES

Do you have any topical questions you want straight-forward answers to?
Send them to the editor or staff in Room 4B15, or call SPOKE at 748-5366.

NO

CONVOCATION '95

Lifestyles Editor: Nancy Usjak 748-5366

Health system changing, says former hospital head

By Don Ross

Don Robertson, retired executive director of Cambridge Memorial Hospital, told Conestoga health science graduates of the changing directions in health care and the implications for the job market, at the 27th convocation ceremony June 23.

"Financial realities are setting in and the sick are encouraged to use the system less," Robertson said. The patterns of care are shifting towards non-institutional care and service, he said.

Robertson, who retired in June, has received the Canadian College of Health Services Executives Caldwell International Annual Award for leadership in health care services management and was the president of the Ontario Hospital Association from 1985-88.

He was recognized at the convocation ceremony for leadership and public service in health care administration. As guest speaker at the ceremony, he told the assembled graduates that while technology has cut down the amount of time the sick spend in the hospital (70 per cent of surgical procedures are com-

pleted in one day), it has still raised the overall costs of health care.

"Opportunities for graduates will be in home service and special staffing for new health care technology," he said.

Robertson said a graduate no longer moves directly into a job and remains there for 20 years.

"Often a person's career strategies lead him to another country," he said. "You will be the ones integrating into the new system. It will require a shift in values and attitude among health-care professionals."

Robertson recalled how health care, in the days before medicare, was predicated on keeping costs to a minimum so patients could afford to pay. "Since the '80s, politicians have contributed to the decline in the health-care system by cutting back. Now more than ever, your community will need well-educated and motivated individuals such as yourselves."

Robertson concluded by saying that Canada still has the best health care system in the world. "You still have the opportunities ahead. It's what you do with them that is the challenge," he said.



Don Robertson, former director of Cambridge Memorial Hospital, speaks to health sciences graduates at Conestoga's 27th convocation, June 23. (Photo by Don Ross)

Top award-winning graduate enjoys more than tangible rewards

By Nicole Bardeau

At 37 years old, Terry Foutre has accomplished more in his life than many of us have in a lifetime.

On June 24, Foutre received one of the highest honors Conestoga College has to offer — the James W. Church Achievement Award.

This Award is considered such a high honor because to earn the right to the engraved silver shield and \$1,000, the recipient must have much more than a high grade-point average and a nice smile.

Established in 1977 by the college board of governors in honor of the founding president, James W. Church, the award recognizes a student who exemplifies qualities deemed to be characteristic of human excellence — academic proficiency, concern for the individual and personal contribution to the community.

Married for 13 years and the father of a nine-year-old son, Foutre says winning the award was overwhelming but his family are extremely proud of him.

Three years ago when Foutre lost his job as a gas fitter for a refrigeration company, he knew he had to upgrade his skills, so he went back

to school.

This may not be so astonishing — many people are upgrading their education for a chance at better jobs. This is not why Foutre won the award.

Foutre was honored because of his outstanding efforts both in school and in the community.

"I tell my son we have to help the person down on his luck, because we have all we need."

— Terry Foutre
James W. Church award winner

He maintained Honor Roll standing throughout the final year of his program and has been a member of St. Jean de Brebeuf Catholic Church in Delhi for the past 14 years.

He is involved with Non Solace, a ministry run through the church, which offers non-denominational grief counselling to members of the church and community who have either lost loved ones or are suffering from other personal tragedies.

"I was fortunate enough to have some people give me some time when I was growing up," said Foutre in a phone interview June 25.

"It's time for me to give some of that back."

Foutre is also a member of the Knights of Columbus and has been involved with numerous community fundraisers such as cooking at brunches to raise money for local food banks and calling bingo on Wednesday evenings to help support the Knights of Columbus' arthritis campaign which he chairs.

Foutre has helped raise money for mental health organizations, Scouts Canada, Girl Guides and St. John's Ambulance.

"I tell my son to strive for excellence," he said. "I tell him we have to help the person down on his luck because we have everything we need."

Academically, Foutre has been an active member of Conestoga College's Construction Engineering Technology Association (CETA) for the past three years. He volunteered as a representative the first year, then served as vice-president in his second year and as president in his third.

He was a member of the college's construction program advisory committee and a peer tutor for two years. Foutre's wife and son both attended the convocation but his



Grant McGregor, dean of applied arts, business and engineering technology, congratulates Terry Foutre before investing him with the college liripe.

(Photo by José Compta)

Governor General's Medal awarded
Business and continuing education graduates receive diplomas

By Paul Campbell

On Saturday, June 24, Conestoga College launched 599 newly trained individuals into the workforce at the final instalment of four convocation celebrations which were spread out over two days.

"We really try and make it so that it's memorable for the people and their families," said John Sawicki, of Conestoga's publicaffairs department.

The last of the four ceremonies took place June 24 for those graduating from programs in the continuing education department and

the college's school of business.

Graduates, dressed in traditional black robes, crossed a large decorated stage set up in Conestoga College's recreation centre during the two-hour ceremony to receive their diplomas.

Graduates were applauded by family and friends in an audience of approximately 600.

Guest speaker David Crane, economic editor for the Toronto Star, said he wants the new graduates to keep a willingness to experiment and try new things.

"A world of change is also a world of opportunity," he said.

On their trip across the stage, past representatives of Conestoga's senior administration and academic administration, graduates received a college liripe, diploma and handshakes.

The liripe is a band of cloth, worn over the left shoulder, and used as a traditional symbol of recognition and acceptance into the community.

It has been in use since the Renaissance for honoring those newly trained in a specific field of work.

Conestoga's liripe is made of red velvet, edged and divided by gold trim into four sections. Four

white tassels represent the four counties in the college area.

In addition to this, many of the graduates received awards along with their diplomas.

The President's Honor list recognizes students graduating with grades of A+ (90-100 per cent) or higher.

Those who graduated before January 1995 received the award for a grade of A (80-100 per cent) or higher.

This year, those with averages of A or higher have received an new award called the Honour Roll.

This year's convocation commit-

tee was made up of 12 to 15 people from the college, along with convocation marshals from various programs and physical resources.

Standing out among the award winners was Ronald Ewaschuk, graduating from the computer programmer/analyst program, who received the Governor General's Academic Medal.

The bronze medal was presented to Ewaschuk for attaining the highest academic standing in the school. The winner must be a full-time student, in the final year of a diploma program of at least two years' duration to be eligible.

CONVOCAATION AWARDS

Robert Allen award presented at Guelph campus ceremony

By Kim Breese

When former Conestoga welder fitter student Robert Allen died in March 1990, his sister, Karen Groh, created an award in his memory.

For the past five years, Groh has presented a plaque and \$50 to a Conestoga welder fitter graduate — not to the top student, but to one who, like her brother, had to work hard and persevere to succeed.

Groh said attending Conestoga was a turning point in her brother's life. He got a job within a week of graduation and had been talking

about returning to Conestoga for upgrading before he died.

"Bob wasn't a real scholastic kid," she said. "He worked very hard. He was very proud when he graduated."

On June 22, Groh presented the fifth annual Robert Allen award at the school of trades and apprenticeship awards ceremony at the Guelph campus. The winner was Douglas Freiburger, another student who had to work harder than many to complete the welder fitter course, according to his parents and teachers.

"It was a long row to hoe," said his mother, with moist eyes. "There were a few times I didn't think he would make it."

Freiburger was just one of about 30 students who were honored for their scholastic achievements after a barbecue.

Most of the recipients at the evening ceremony were recognized for being the top students in their classes. They received plaques made by Conestoga students and handed out by Hans Zawada, chair of the school of trades and apprenticeship. There were also three Babcock and Wilcox scholarships awarded and the Gordon Ruff Award, in memory of another Conestoga student who was killed in a car accident in 1982, was presented by Guelph principal Ken Snyder.

During his opening remarks, Snyder said the graduates should be prepared for change and continue to upgrade their skills.

"You should be one step ahead of your employer at all times," he told the audience of about 130 people, which included students, friends, families and teachers.

College president John Tibbits thanked the faculty and wished the graduates good luck. Zawada referred to the awards recipients as "top guns" and said, "We're very proud of all our graduates, espe-



Robert Allen Award winner Doug Freiburger (left) is congratulated by welder-fitter teacher Ken Woods. (Photo by Kim Breese)

cially those who try a little harder and excel."

Most of the graduates appeared pleased with their awards. Like many, top welder fitter student Terry Flewelling said he is looking for work. Keith Sherratt, a former auto body manager who switched careers after 20 years and received top marks in the numerical control machine tool setter operator program, said he enjoyed his time at Conestoga, but is ready to move on.

Craig Beckner, who was the top student in the modified apprentice program, said he would have liked it if all the students — not just the winners — had been invited.

Robert Allen award winner Freiburger said that it was great to win and he plans to hang his plaque up at home.

Although he always liked welding, Freiburger, a former cook, ad-

mitted there were times he struggled to complete the work during the 40-week course.

"Actually, passing blueprint reading was the most exciting part of the course," he said.

He credits drafting teacher John Kroisenbrunner — who helped him through the blueprint reading — and welding instructor Ken Woods for helping him succeed.

"Ken kept pushing me to my limits to get my success out. I wouldn't have made it without him."

Woods said the program faculty determine the winner of the Robert Allen Award and it was easily decided this year that Freiburger should be the recipient.

"How do you measure progress?" asked Woods. He said Freiburger did not work hard in the beginning, but made the changes necessary to succeed.



Ken Snyder, Guelph principal and dean of the school of trades and apprenticeship, presents the Gordon Ruff Award to motor vehicle mechanic student Joe Scott. (Photo by Kim Breese)

School of trades students receive numerous awards

By Kim Breese

Landridge

Awards presented to students in Conestoga's school of trades and apprenticeship at a ceremony at the Guelph campus on June 22 included the following winners:

Top student awards

Appliance and heat pump servicing — Jamie Katerberg

Automotive

Motor vehicle — Greg McEachern, Mark Entz, Scott Nellis

MVM - MAP-123 — Craig Beckner

Carpentry

Carpenter general — Ron Williamson
Carpenter Apprenticeship — Tim Arseneault, Albert Van Raalte

Electrical

Electrical construction and maintenance — Kevin Schmidt, Christian Couperus

Electrical Techniques — Kevin Bender

Electrical engineering technician — Melvin Dicks

Industrial woodworker — Daryl Reeve

Mechanical maintenance

Industrial maintenance mechanic — Peter Clemens

Electro-mechanical maintenance — Brad Stoll, Robert Dills

Industrial mechanic (millwright) — Philip Caron, Ronald

Plumber — John MacDonald, Gerald Kolmel, Robert Busch

Metal machining

General machinist — Michael Pilz

Tool & die maker — Mario Lanza

N/C machine tool setter operator — Keith Sherratt

Welding

Welding fitter — Terry Flewelling

Welder operator — Cory Payne

Welding/fitting — Eric Bjarnason

Apprenticeship-modular — Cornelium Bultena

Welding engineering technician — Jeramie Gossman

Robert Allen Award

Welder fitter — Doug Freiburger

Gordon Ruff Award

Motor vehicle mechanic — Joe Scott

Babcock & Wilcox scholarships

General machinist — Daniel Fannon

Industrial mechanic (millwright) — Doug Coulter

Welder fitter — Ray Schwager

About 15 other students were also recognized for various awards they had won earlier in the school year.

Graduates told they face many challenges

By José Compta

The second of two days of convocation ceremonies June 24 recognized 310 graduates of programs in three academic areas — training and development, trades and apprenticeship, and engineering technology.

The guest speaker was Don Haycock, a principal of the Waterloo environment engineering firm, Conestoga-Rovers and Associates Ltd.

"The thoroughness and excellence of their finished project is testimony to their skills, the quality of their program, and the talents of their faculty."

— John Tibbits
President of Conestoga College

Helen Friedman, chair of the board of governors, said Haycock is a graduate of the University of Waterloo and a noted researcher and author in the field of environmental technology.

"As Conestoga College prepares to move into environmental technology programming, the knowledge and insights of outstanding professionals such as Don Haycock will be an invaluable resource," Friedman said.

Haycock said the graduates are facing many challenges, but should be proud of their achievements in Conestoga.

He said in his travels around the world he has heard praise for work done by Canadians. Kitchener-Waterloo has received special recognition in the area of environmental control, he added.



Donna Brenner and Joan Zeller, mother and sister of Kevin Brenner, receive Kevin's diploma and liripipe. Kevin was recently killed in a work accident. (Photo by José Compta)

Also at the ceremony an emotional moment took place when Donna Brenner and Joan Zeller, mother and sister of Kevin Brenner, received Kevin's diploma and liripipe.

Kevin was recently killed in a work accident. He had finished his second year in the mechanical engineering technology program and was working for the summer at Canadian Tire when a forklift tipped over, killing him.

Bruce Decker of Brantford, Debra Lang of Kitchener, and William Turner of Cambridge earned the Mastercraft Award with their re-design and development model of the Franklin Boulevard and Highway 401 interchange in Cambridge.

They each received a program Guild Shield banded in silver, and

will share a \$500 prize.

John Tibbits, president of Conestoga, spoke about the Mastercraft Award winners.

"Their project was ambitious," he said.

It involved the study, planning, design, drafting, costing and scheduling of construction for the upgrading of the Highway 401 and Franklin Boulevard interchange.

Their goal — which they achieved very well — was to modify the interchange to make it more functional and safer, at a reasonable cost, without dismantling any major portion of the current interchange.

"The thoroughness and excellence of their finished project is testimony to their skills, the quality of their program, and the talents of their faculty," Tibbits said.

CONESTOGA LIFE

Lifestyles Editor: Nancy Usjack 748-5366

Conestoga's Homestay program offers users rewarding experience

By Kelly Spencer

Imagine leaving your home to pursue an education in a different country. Imagine adjusting to a whole new culture, adapting to everyday life with a new language, in an environment where you know very few people.

Now imagine enduring all of these changes and keeping your focus on achieving top grades.

Students from all over the world, including Ethiopia, Japan, Taiwan, Malaysia and Pakistan have attended Conestoga College, said Larry Rechsteiner, director of college planning and international education.

The International Education Office at Conestoga assists international students in finding housing accommodations while attending the college, said Rechsteiner.

Upon their acceptance, students can choose one of four options available: room rental within the college region, student residence at Rodeway Suites, apartment rental or Homestay.

The Homestay program matches up students with a host family in the area, Rechsteiner said.

The college recommends the Homestay program to International students who have not previously lived in North America, said Rechsteiner, because it provides a family atmosphere which may help alleviate stresses and fears involved in adjusting to a new culture.

Since the implementation of the Homestay program, three of the host families involved have been college employees, said Rechsteiner.

Harvey Hutton, a business faculty member at Conestoga, has taken in two international students through the Homestay program.

Yukari Nakajima, 25, having recently graduated from the general business program, is one of those students.

"It has been a real pleasure having Yukari with us," said Hutton. "She is a very special person."

Homestay is an excellent opportunity for families to learn about and understand other cultures, said Hutton. It also gives people a chance to share the Canadian culture, he said.

Nakajima, who worked for an airline in Tokyo previous to her

arrival, said it was "really tough" at first. Although she learned English prior to her move, she said the transition was still very difficult, and she is still studying English today.

And while Hutton stresses that each student, no matter what culture they have been raised in, has individual work habits, Nakajima also said school in Japan is definitely more strict.

Harvey said that while one of Nakajima's former teachers was visiting, it became obvious to him that in that particular culture, "the teacher has more power."

Nakajima was always a diligent student, said Hutton. "She was always working hard, and she always has her assignments done," he said.

Nakajima has also been coaching the family, as well as teaching Japanese at a multicultural school in Kitchener, said Hutton.

She is currently searching for a job, and came to Conestoga with hopes of one day owning her own business. While her visa permits her to stay in Canada for another year, Nakajima will have to decide where she chooses to go after



Yukari Nakajima and Harvey Hutton, participants of Conestoga College's Homestay program. (Photo by Kelly Spencer)

her return home.

Homestay currently has five host families lined up for the start of the fall semester and looking for any others who may be inter-

ested. For further information about the Homestay program, please contact Larry Rechsteiner at the International Education Office at Doon campus.

Tent for DSA's orientation week 1995 not yet pegged down

By Patricia Bow

Plans for Doon Student Association (DSA) participation in Orientation Week are firming up but not yet finalized, while plans for a change in the format of the annual awards banquet next April are already under way.

Reporting at the June 20 DSA executive meeting, student life director Becky Boertien said the DSA's original plan for Orientation Week was to set up a tent near the pond from 11 a.m. to 3 or 4 p.m. each day. The tent would shelter information booths, a beer garden and a stage for entertainers and would be a place for new students to meet

their DSA representatives.

The plan is not yet final because Barry Milner, head of physical resources, cannot confirm the B-wing renovations will be complete by Orientation Week. Trucks could still be driving into the area near the pond and leaving ruts if the ground is damp, he said.

Boertien said an alternate location might be the patio outside the recreation centre. The ramps leading up to the front doors could be used for information booths, and the stage could be set up on the driveway before the doors.

Entertainment assistant Gavin FitzPatrick said this location was used successfully two years ago.

Since the recreation centre is out of the way, it might not draw as many students as the pond location, Boertien said, so the event would have to be heavily promoted.

The \$1,000 pricetag to rent the large tent was also a matter for concern.

FitzPatrick suggested having only a small tent to protect the sound equipment in case of rain. He said he would look into this, as well as the question of the security of the equipment.

Also at the meeting, Boertien said she will be discussing with athletics representatives the question of whether to hold a separate DSA awards ceremony next April. In the

past, athletics and the DSA held joint awards events, but DSA interests now seem to be diverging from athletic interests, Boertien said.

She noted that the DSA awards usually take about 15 minutes, while the athletics awards can take five times as long.

After discussion, there was general agreement that the DSA should look into having its own awards ceremony, perhaps as an afternoon event, followed by a dance in the evening, to attract more students.

In other business, executive members made the final choice of what should be included in the kits to be sold during Orientation Week for a break-even cost of \$20.

Each kit will include a T-shirt, a travel mug, a beer pitcher, a key chain with flashlight, a memo cube, a pen, condoms and playing cards.

Boertien also reported that Breakaway Tours is offering student executives a discounted "familiarization tour" to Puerto Plata, Dominican Republic, so they can decide whether this destination is suitable for March break tours.

Kerri Costello, director of public relations, and Beth Patterson, activities assistant, will be sent on the July 23-30 tour.

Between a third and a half of the approximately \$350 cost per person will be paid by the DSA, Boertien said.

Pub Staff

REQUIRED

The Doon Student Association requires pub staff for on-campus licenced events. Various positions include: bartenders, security, door persons, and floor walkers. Pub staff will be paid on an hourly basis; hours vary depending on pub schedule. Individuals will be trained on the SMART Serve Program.

Applications available at the DSA Office located in the Main Cafe.
Application Deadline JUNE 30, 1995



Used Book Sale

Do you have text books to sell?
The DSA will sell your books for you at the DSA USED BOOK SALE held in September.

Drop off your books to the DSA Admin. Office
April 17 - 20 &
April 24 - 27



CONESTOGA LIFE



DSA president Dawn Mittelholtz said she is worried students may be offended by the new Cliff Condor T-shirt. (File photo)

DSA concerned Condor T-shirts showing underwear may offend

By Nancy Usjak

Doon Student Association (DSA) president Dawn Mittelholtz says she's worried students may be offended by the new DSA T-shirts with Conestoga's mascot with the top button of his pants undone.

"Personally, I think they're fine," Mittelholtz said. "I'm just worried there might be some negative reaction."

The T-shirts will feature Cliff Condor exposing the stretch band

of his underwear with the name "Cliff Klein" emblazoned on it.

Cliff's underwear was labelled Cliff Klein as a spin-off of the

"I'm just worried there might be some negative reaction."

— Dawn Mittelholtz
DSA president

trendy designer name, Calvin Klein.

Although Mittelholtz said she officially does not approve of the

T-shirts, she said she would buy the shirt.

However, if a student complained, she said she would apologize and offer to replace the T-shirt with something else.

The T-shirt will be included in the DSA Orientation Week survival package. "I hope the T-shirt is successful," she said.

The package, which costs \$22, will also include a deck of cards, coupons, a mug, a calendar, a flashlight keychain, a first-aid kit and a DSA hat.

Repetitive motion injuries can do permanent damage, says writer

By Leanne Moses

in ergonomics.

Eight years ago, Dianna Stahle was incapacitated by carpal tunnel syndrome, an injury common in the dog grooming industry because of the repetition of combing, brushing and clipping a dog. Her injury left her unable to feed or dress herself for six months.

Although Stahle's injuries stemmed from dog grooming, almost anyone is prone to RMI if they are involved in tasks with repetition.

And students are no exception. Stahle likens the tendons and tendon shaft to a rope and pulley system. RMI occurs when either the

Off Campus

shaft or the tendons become inflamed.

Stahle stresses the importance of prevention because RMI can cause permanent damage. Although she has cut back on grooming dogs, she still has little feeling in her fingertips and even gardening can cause her severe pain.

If you are experiencing symptoms of RMI such as tingling, numbness, pain in fingers or wrists, Stahle says it is important to stop, rest or vary your tasks periodically.

She also suggests making sure that you have good posture. For

instance, if you are typing, make sure your feet are firmly on the floor, or resting on a phone book or foot stool. Type with your wrists in a straight (neutral) position.

Make sure your back is supported, your buttocks are squarely on your chair. Be careful to have your head and neck firmly aligned, and look straight ahead at the screen.

While some of the factors in contracting RMI can be hereditary or predisposed by the size of hand and wrists, Stahle says the major cause is repetitive motion.

If you are working at a repetitive motion job, Stahle suggests you take frequent breaks.

And if you do experience pain, she says it is important to recognize there is a problem. She suggests seeking a physician's advice and modifying the behavior or job to avoid compounding the problem.

As well, exercise, such as squeezing a rubber ball, will strengthen muscles and help avoid injury.

Her best advice for people who think they might have RMI?

"Don't deny it. People have to be willing to initiate a change."

Stahle knows from hard experience that damage from repetitive motion might not heal. Once again, prevention proves more effective than cure.

A dirty job, but someone has to do it



Mark Briand (far left, top ladder, far right) and Bill Norris (center photo, bottom ladder) of Enviro Window Cleaners of London practice a delicate balancing act as they clean the windows on the third and fourth floor of Doon's main building.

Norris and Briand are partners in Enviro Window Cleaners and this was the first time the company worked at Conestoga College. The company does both residential and commercial cleaning.

(Photos by Linda Orsola Nagy)

CONESTOGA LIFE

Lifestyles Editor: Nancy Usjak 748-5366

Wise choice



Ron Ashley graduated from the health sciences program June 23. He said he is confident the career he chose is the right one for him. (Photo by Mark Waddell)

Freedom of information acts to protect students' privacy

By Leanne Moses

Someone inquires if a certain student is registered at Conestoga. A student's parents want to know if he is still attending school. Perhaps a rich uncle wants to find out if the niece whose tuition he pays is passing her courses. But if they came to the registrar's office to get these answers, they would go away no wiser. And that would be because the registrar's office is doing its job properly under the Freedom of Information and Protection of Privacy Act.

According to the Freedom of Information and Protection of Privacy Act which came into effect in January 1988, and the Municipal Freedom of Information and Privacy Act of January 1991, people have a legal right to access general records of ministries, agencies and boards. Secondly, the acts set standards for protecting personal information.

These two acts protect and benefit students in many ways, said David Courtemanche, manager of operational review and assistant freedom of information and privacy co-ordinator.

For instance, the registrar's office cannot give out personal information about students such as their marks, who is registered or attending the college or personal class schedules, he said.

Release of personal information requires written consent of the student. Even a student's parents could not obtain this information from the school without written consent. But neither could a spouse, an ex-

spouse or a stalker. Courtemanche said even a police officer could not obtain personal information about someone unless the college was satisfied the information was requested in connection with an investigation.

If the student is sponsored by an agency or government, the sponsoring agency could not get access to a transcript without written permission of the students. But Courtemanche said most students with funding have a pre-arranged agreement or have signed a clause allowing release of information as a condition of their sponsorship.

There are certain acts, however, that allow the college to release information. For instance, Courtemanche said if a student is attending a program through Human Resources Development Canada, there is a provision under this act which allows the college to release information.

If a student had an accident on a field placement, the Worker's Compensation Board also has provisions in the act which allow the college to release certain personal information.

On the flip side, Courtemanche said the act makes it easier for students to access their personal records. As well, students can have any corrections made to their records if they think there are inaccuracies or omissions.

Because there are guidelines for releasing general records which do not contain personal information, Courtemanche said, it is easier for the college to make general records available.

Sun, fun and common sense

Summer can be harmful to health

By Anna C. Done

Conestoga College's registered nurse, Marilyn Fischer, says there are many health hazards unique to the summer months and "avoiding them all comes down to common sense."

Fischer says the most pressing summer health issue is the issue of sunbathing. "People like to be brown during the summer, but they will suffer for it down the road," she cautions.

Fischer said although most people probably know that burning can cause cancer, it is not a single burn that does the damage. "You have to think in broad terms of the cumulative effects of tanning. You can't just keep letting yourself burn year after year."

Cancer is not the only harm the sun causes. Fischer said cataracts in the eyes and premature aging of the skin are all side effects of prolonged overexposure. "If for no other reason than vanity and the fear of getting wrinkles, people should cover up and protect themselves."

Fischer also recommends listening for the daily ultraviolet ratings either on the television or the radio, and wearing long sleeves and pants if you plan on being out in the sun for more than 15 minutes. "Avoid falling asleep in the sun at all

costs," she said. "This happens a lot and people can end up with very serious burns."

Another health concern particular to the summer is allergies. Many allergy sufferers face a long, uncomfortable summer, Fischer said, as the allergy season lasts from May 1 to the first frost. "People should try to stay away from whatever it is that triggers the reaction, but if it is something like trees or grass, the only relief is through antihistamines," she said.

"Allergic reactions to bee stings can reach life-threatening levels."

—Marilyn Fischer
Conestoga College nurse

Fischer said people who suffer from allergies should be tested to pinpoint exactly what it is they are allergic to so treatment can be targeted. "Allergy shots can be administered to children and adults for many different things, including dust, ragweed and grass," she said.

Fischer said that people who are allergic to insect bites should be very careful during the summer months, even if they have had only mild reactions in the past.

"Allergic reactions to things such as bee stings can get worse each time it occurs, until it reaches a life-threatening degree," she said.

"People who have had severe reactions to insect bites in the past should carry adrenalin Epi-pens (a pre-measured emergency syringe)," she said.

Dehydration is another hazard that is easily avoided, she said. "Perspiration is the body's way of staying cool, but that fluid needs to be replaced."

Fischer said that although specialized sports drinks may be slightly more beneficial, water is still a good choice for rehydrating the body.

Another precautionary measure for staying healthy during very hot weather is to avoid strenuous activity, Fischer said.

"During the hot spell we had recently, I saw some people out in the afternoon on their daily jog. If they had really been concerned about their health, they would have stayed indoors."

Fischer said that the increase in farm and boating accidents during the summer could be avoided by people exercising good judgment.

In her final caution, Fischer said that people who take prescription drugs during the summer should ask their pharmacist about possible photosensitivity.

"Tetracycline is one of the more common drugs which causes side effects related to exposure to the sun," she said.

This way, please



Janet Smith, a member of Conestoga's security staff, directs a mixture of pedestrian and wheeled traffic at Doon campus during convocation ceremonies June 23. Graduates and their families filled the walkways between the recreation centre and Doon centre. (Photo by Nancy Usjak)



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SPOKE

Leisure

Betty Crocker, move over Conestoga employee really cooks

By Nancy Usjak

Karen Stickel loves to cook. Stickel, a teacher with continuing education at Conestoga's Waterloo campus, has baked decadent tortes and cooked exotic dishes for "years and years."

"My paternal grandmother was a wonderful cook," she said. When she was seven, Stickel cooked alongside her grandmother and learned to make old German recipes. "That's where it all began," she said.

"I have Chinese friends who have taken me under their wing."

— Karen Stickel
Continuing education teacher

When she's not throwing lavish dinner parties or sewing colorful napkins to garnish her multi-course meals, Stickel teaches cooking seminars on Saturdays at the Waterloo campus. "I started out doing a torte-making class," she said. "Then I branched out into all kinds of courses."

Stickel displayed her Chinese cooking skill at the Wonderful Wokking seminar for Summer Life '95 at the Rockway seniors' centre in Kitchener June 21.

"I brought my entire Chinese pantry to expand their idea of what type of ingredients to use," she said.

"I like good, quality Chinese

food," she said. "I have Chinese friends who have taken me under their wing."

"People express surprise at how much food we've created in three hours."

— Karen Stickel
Continuing education teacher

She demonstrated two authentic Chinese stirfry recipes to the 15 participants of the seminar — 14 women and one man.

Her students learned to make a spicy, zechuan chicken stirfry and a broccoli and shitake mushroom stirfry with rice.

After the lesson, Stickel's students got to taste the finished product.

Stickel's next project is a three-hour soup-making course for the fall called Harvest Soupmaking at the Waterloo campus.

Gazpacho, a cold Spanish soup based on fresh vegetables, will be featured.

Students will also learn to make corn chowder, an Asian vegetable soup and cherry soup.

"I try to cram in as much material as I can so people feel they've learned a great deal," she said. "People express surprise at how much food we've created in three hours."

She said the most food she's ever cooked within a three-hour time period was about seven or eight

dishes at a holiday brunch.

"We had the food ready in three hours," she said.

Stickel said many more men come out to soup-making courses than any other courses.

"Courses that are geared to everyday cooking are where men come most frequently," she said.

Men count for 30 to 40 per cent of the class, she added.

One of the men taking her soup-making course asked if Stickel would adopt him so that he could eat her cooking, she laughed.

Another course in the works for Stickel is a trifle-making course called Trifles, Trifles and More to be taught at the Waterloo campus.

"The idea of working with food and communicating a love of food to people is something I enjoy."

— Karen Stickel
Continuing education teacher

"Some of these courses are very decadent — no one walks away hungry," she said.

Trifles, Trifles and More will introduce a variety of trifle recipes, including an Italian dessert called the bomba.

The bomba is a half circle filled with almond cream, whipped cream, cake and peaches.

Stickel said her dream for the future is to have her own cooking school.



Karen Stickel, a teacher with continuing education, displays her wok. Stickel taught a workshop on Chinese cooking for Summer Life 1995 June 21.
(Photo by Nancy Usjak)

Ancient Chinese secret Wok master explains Chinese ingredients

By Mark Waddell

Karen Stickel knows there's only one way to wok.

Stickel, a continuing education instructor at Conestoga's Waterloo campus, supplied a list of ingredients that revealed the secrets and hints to Chinese delicacies.

"I know there is no MSG (monosodium glutamate) at all — the ingredients are good ingredients," said Stickel, who taught Wonderful Wokking at Rockway seniors centre in Kitchener June 21.

"Most of the ingredients you can find in an international food section."

— Karen Stickel
Continuing education teacher

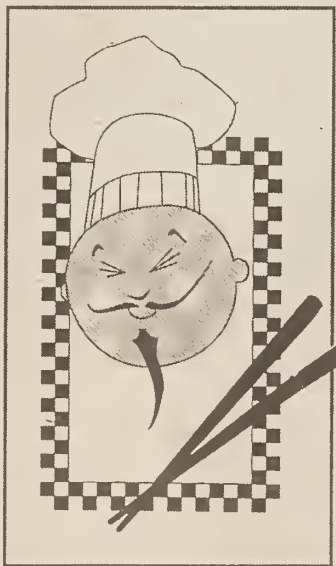
Ingredients such as bamboo shoots are outlined in the handout.

Bamboo shoots are tender, ivory colored shoots from bamboo plants, available fresh or canned.

According to the handout, bamboo shoots may be used separately as a vegetable or to add crispness and a slight sweetness to a dish.

Bean sprouts are another ingredient used for Chinese cooking.

The small, white shoots of the mung bean plant may be used separately as a vegetable or in-



adds heat and flavor to Chinese dishes.

The handout also gives information on how to use Chinese five-spice powder, which is a ready-mixed blend of five ground spices comprised of anise seed, fennel seed, cloves, cinnamon and ginger or pepper.

The powder should be used sparingly as it gives off a strong, pungent flavor.

Hoisin sauce is also examined in the handout.

The thick, dark brown sauce made of soybeans, flour, sugar, spices, garlic, chilies and salt is a sweet, spicy flavor that can be used in many Chinese cuisines.

The handout also provides helpful hints for preparing Chinese food.

Foods that need to be marinated more than 20 minutes should be in the refrigerator.

Other tips are: partially freeze raw meat to make it easier to slice thinly and freeze leftover broth in ice-cube trays for storage in resealable plastic bags.

Use packaged coleslaw mix for egg roll filling or other recipes calling for shredded cabbage.

Also, use fresh tortillas from the supermarket in place of mandarin pancakes.

Cornstarch mixtures should be stirred in before adding to a wok — the cornstarch needs to be dissolved in the liquid to prevent it from lumping.

Stirfry tempts tastebuds

By Nancy Usjak

Karen Stickel, a teacher with continuing education at Conestoga's Waterloo campus, presented numerous cooking tips including how to make a low-fat stirfry, and an authentic Chinese stirfry recipe at the Wonderful Wokking workshop held at the Rockway centre June 21.

One of Stickel's suggestions for a sumptuous stirfry is to cook with oil that has a high smoke point, such as peanut oil, soy bean oil or corn oil.

Broccoli and cauliflower should be steamed for a little while before being added to a stirfry, otherwise the outside will get scorched and the inside will remain raw, she said.

Stickel also offered some tips to reduce the fat in a stirfry. "You can also stir fry with a bit of apple juice or orange juice," she said. "Stir frying with juices steams the vegetables and meat."

Use a teflon pan and spray it lightly with Pam cooking spray, she said.

At the workshop, Stickel demonstrated a recipe for hot and spicy chicken or pork:

Ingredients

3kg — 2/3lb — boneless chicken or pork in 12mm — 1/2-inch — cubes

1/2 cucumber in — 8mm — 1/3-inch — cubes

1 green pepper in 12mm — 1/2-inch — cubes

1 onion in 12mm — 1/2-inch — chunks

75ml — 1/3 cup — bamboo shoots, sliced (optional)

25ml — 2 tbsps. — oil

2 slices ginger root, slivered

1-2 dry peppers

Meat Marinade

6ml — 1/2 tbsp. — soya sauce

5ml — 1 tsp. — wine (red)

1ml — 1/4 tsp. — salt

1ml — 1/4 tsp. — oil

5ml — 1 tsp. — cornstarch

Mix ingredients for meat marinade and pour over meat. Marinate 30 minutes to one hour.

Hot Sauce Mix

6ml — 1/2 tbsp. — wine (red)

2ml — 1/2 tsp. — sesame oil

5ml — 1 tsp. — cornstarch

5ml — 1 tsp. — soya sauce

2ml — 1/2 tsp. — sugar

5ml — 1 tsp. — worcestershire sauce

40ml — 3 tbsps. — broth (chicken or beef)

5ml. — 1 tsp. — Hoisin sauce salt and pepper to taste

Method

Marinate meat. Stir fry ginger and dry peppers in oil. Remove when dark.

Stir fry onions, peppers, cucumbers, and bamboo shoots.

Remove to casserole dish after four minutes.

Stir fry meat; chicken two minutes, pork three or more minutes. Return vegetables to pan.

Pour sauce mix and stir until thickened.

Serve with rice or oriental rice noodles. Serves four to six.

Entertainment

Entertainment Editor: Pete Smith 748-5366

Canadian band proves two heads are better than one

Steve Tuckwood

If Spirit of the West (SOTW) has learned one thing over their lengthy career, it is realizing what they do well, and sticking with it.

The latest offering from this Canadian quintet, *two headed*, brings more of the music this West Coast band has become famous for.

The 11-track album, recorded at Mushroom Studios in Vancouver, mixes melancholic tunes with upbeat catchy electric ones. Much like previous releases, *two headed* includes opinion regarding topical news i.e. euthanasia and political correctness, along with the freshness of lead singer John Mann's wit.

Mann is once again joined by writing partner Geoffrey Kelly, guitarist Hugh McMillan, bassist Linda McRae and drummer Vince Ditrich.

On the heels of the highly successful *Faithlift* album, SOTW will surely expand their crew of followers with this release.

The first single from the album, *Tell Me What I Think*, is a witty response to the relatively new idea of political correctness.

The notion of rather than do anything for ourselves, we as a society are content with having a few drinks and letting the problem cor-

music review



CD: *two headed*
Artist: Spirit of the West

rect itself: "Tonight my evening's pleasure's in a glass. Black and creamy headed, draining fast. You crashed in, all full of question."

The second single, *Wishing Line*, makes reference to the band's adventure while ascending the Koln Cathedral. Detailing the ascension and the view that followed the 564-stair climb.

Unplugged is a track devoted to the idea of euthanasia: "I will not burden those I love. I will not be a spoon fed bird, or beg for mercy from above. Just let my cord become unplugged." Vintage Mann to attack a touchy subject and somehow force the listener to think.

The album's title track plays to the witty and often cynical side of Mann and Kelly. The song is partly devoted to the idea of touring bands and the hangovers they must endure while on the road: "aspirin for the throbbing melon." While it also signifies the two-headed and two-faced actions by such people as Ebenezer, Monty Hall, and Tipper Gore.

Slightly less evident in this offering are the Gaelic and Celtic roots of band member Geoffrey Kelly. Often a fixture in the bands music, they only pop up a couple of times in this offering and will be missed by some of Kelly's fans.

While some of Kelly's roots may be absent, Ditrich has expanded his instrumental foray to include a fire extinguisher and a one-quarter-inch Black and Decker drill.

Fans may find interesting the reference to the cities in which Mann and Kelly composed some of the songs. References include places like Dresden, Germany, Chicago, Illinois, Vancouver, B.C., and even Waterloo, Ont.

Another witty feature is the inclusion of manager Janet Forsyth in the list of the band's instruments.

Forsyth is credited with performing on the Macintosh Powerbook 165 w/modem, as well as a Panasonic Fax. Judging by the success of the band, she is as talented on her instruments as the band on theirs.

SOTW's reputation often pre-



cedes them when it comes to live performances. Most veterans of a SOTW show encourage those less fortunate to attend one, if only to witness Ditrich's operatic-like solo and beer chug. An album like *two headed* should continue to make their live performances a treat.

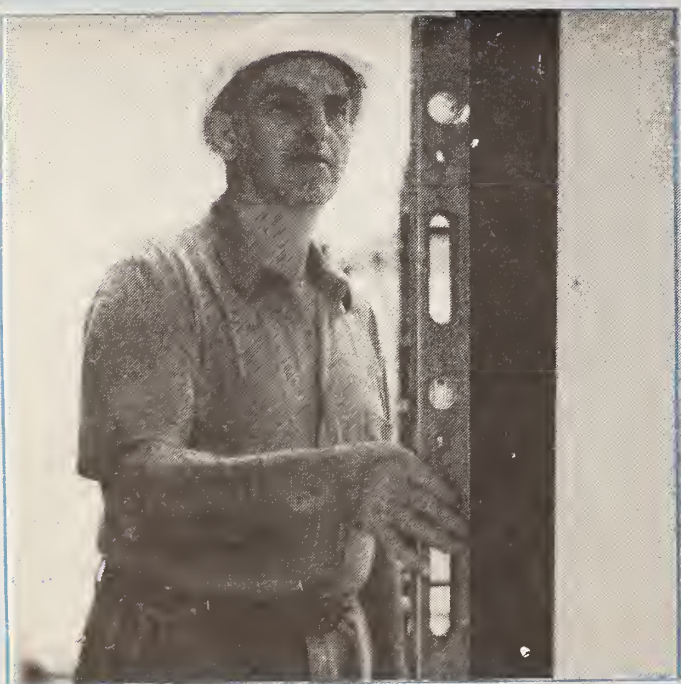
SOTW is a Canadian band who has logged many kilometres on the Canadian tour and with an album

like *two headed*, will likely be touring abroad in the not-too-distant future.

Their mix of European roots with Canadian culture is a mix that has future success written all over it.

If given the opportunity, be sure to catch the band on its upcoming Canadian tour, one which will definitely bring it to this area more than once in the next year.

On the level



Livio Fabbro from MN Masonry checks a spirit level in the doorway of a room that is being renovated to make way for the new student lounge.
(Photo by Anna C. Done)

Summer is fun time at Conestoga

By Patti Harding

Looking for something that will keep the spice in your life this summer? Well, Conestoga College's continuing education program will definitely be able to quench even the most finicky of thirsts for adventure this summer.

The Adventure Begins Outdoor Education Consultants offer many invigorating and top notch programs through Conestoga College this summer.

The first of these programs is Moving Water - The Next move. This program is a continuation of Introduction to Moving Water and increases and fine tunes the white-water skills that were learned in the first course. The participant will be introduced to more advanced paddling strokes and will spend a lot of time practising.

The theoretical part of the course, which is July 12, 7 p.m. to 10 p.m., prepares the participants for the practical session on July 14 to 16 where they whitewater raft down

Palmer's Rapids in Barry's Bay.

Introduction to the Vertical World presents the basics of rock climbing in an easy-to-understand progression. Instruction in the basics of rock climbing, July 19, 7 p.m. to 10 p.m., or Aug. 16, at the same time, include techniques for belaying, rappelling and top-roped climbing on easy to moderate rock.

The practical session, where the participants get to try out their new found skills is on July 22 to 23 or Aug. 19 to 20, and will take participants to Rattlesnake Point in Milton.

These courses have been quite popular. "I don't think we have cancelled one course that I can remember," said Franika Banks, chair of continuing education. "We generally get enough, even if it's a handful, to add to their (Adventure Bound) roster."

The Killarney Park Canoe Trips bring the participants to beautiful Killarney Provincial Park in Sudbury.

The practical session includes

four days of canoeing through the park. This course, which is designed for the novice canoeist, will be 26 kilometres in length including five portages. Introduction to Canoeing or approval from the instructor are the prerequisites for this course.

The theoretical sessions will be held July 19 or Aug. 2 from 7 p.m. to 10 p.m. and the practical sessions will be July 28 to 30 or Aug. 11 to 14 respectively.

Last, but certainly not least, is an Algonquin Park Canoe Trip. This trip, which has been designed for people with canoeing experience, will give the participants working knowledge of planning systems and safety.

The pace of the trip is fast and is participants should be physically fit. The trip, which will take the participants to Burk's Falls, will be 40 kilometres long and will have 14 portages.

The in-class session will be Aug. 16 with the canoe trip following on Aug. 25 to 28.

Silent Fall a psychological mystery that appeals to the sleuth in us all

By Nicole Bardeau

When one thinks of Richard Dreyfus, comedy is what comes to mind. Dreyfus is best known for his spins in *Down and Out in Beverly Hills* as Bette Midler's bad-luck cheating husband, *Stakeout* as Emilio Estevez's partner and as Bill Murray's psychiatrist in *What About Bob?*

Most comedic actors find the transition from comedy to drama a rough one and audiences are often unforgiving. Dreyfus breaks this tradition.

As Dr. Jake Rainer in James G. Robinson's *Silent Fall*, Dreyfus

video review



Silent Fall
Starring Richard Dreyfus

does an extraordinary job as a psychiatrist who must get the truth from an autistic boy who saw his parents bludgeoned to death in their bed.

When young Tim Warden (Ben Faulkner) is found moaning and swaying with the bloody knife which killed his parents and his 18-year-old sister (Liv Taylor) says

she was shopping at the mall, Tim is the only key to the mystery.

Director Bruce Beresford leads the audience through a classic whodunit where each time we are convinced of the murderer's identity, another development is presented and another option lies open for investigation.

Wrapped up in the plot is Dr.

Renee Harlinger (John Lithgow, *Raising Cain*), another psychiatrist whose solution to making Tim talk is drugs. Lithgow's part is small but the actor is not unfamiliar with suspense and psychological drama.

Rainer's only allies in his fight to reach Tim without drugs are his wife (Linda Hamilton, *Terminator*) and Sheriff Riviera (J.T. Walsh, *The Pelican Brief*).

As the murder investigation unfolds, each of the characters becomes involved either physically or emotionally. Beresford wraps his audience in curiosity and creates the closest thing to interactive television possible without using com-

puter technology.

His secret is the movie's appeal to the individual's desire to solve a mystery and see justice delivered.

Although audiences today seem to crave violence and blatant sexuality, Robinson and Beresford pull off this production with only innuendoes of each.

The audience knows there was a murder, the blood stains are seen but the act itself is not replayed or dwelled on.

Newly released on Warner Brothers Home Video, *Silent Fall* is well worth the \$3 and great for getting the couch sleuth in each of us wondering — whodunit?